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Populist policy promises

PM's throne speech addresses cyberbullying, prison sentences and interprovincial booze PAGE 12

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Network speed in Canadian cities faster than U.S.: Study PAGE 18

D.C. LOOKING TO GET BACK TO BUSINESS

SENATE PASSES LEGISLATION TO AVOID DEFAULT AND END 16-DAY SHUTDOWN PAGE 17

PULL AND BEAR IT

Cory Dittmann, a heavy-duty mechanic with Calgary Transit, leads a team of city employees hauling a 17-ton bus, using human power only, as part of a fundraising race for the United Way on Wednesday. Story, page 8. ROBSON FLETCHER/METRO

Fatal stabbing spurs manhunt

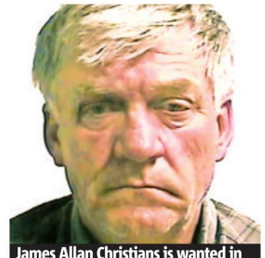
Wanted for second-degree murder. Police searching for estranged husband of victim

Police launched a "ground and air search" for the estranged husband of a woman stabbed to death on the street of a generally quiet southeast Calgary block Wednesday.

Officers were in communication with other police jurisdictions and canvassing multiple areas of the city for James Allan Christians, 65, suspected of killing his wife of more than 20 years, 55-year-old Carmel Leah Christians.

"We should consider him a threat to himself and others," Staff Sgt. Doug Andrus said during a news conference held amid the widespread manhunt. "Anybody who comes upon him should contact police."

James Christians was previously charged with two counts of assaulting his wife in September and an "order of protection" was established that had put certain restrictions on him. Staff Sgt. Ryan Ayliffe said officers also aided Carmel Christians with moving into a friend's duplex, located in the 100 block Chaparral Valley Grove S.E., after the charges were laid.



James Allan Christians is wanted in connection with the death of his estranged wife. COURTESY CALGARY POLICE

It was in front of that same home that she was stabbed to death — likely while on the way to work — around 6:30 a.m. Wednesday morning, police said.

The friend, identified by neighbours as Delores McMartin, is believed to have rushed to Carmel Christian's aid and was also stabbed. She was rushed to hospital in life-threatening condition but was upgraded to stable and had even provided a statement to police Wednesday afternoon, Andrus said.

Neighbours recalled being jolted awake by a shrill cry and many assumed a coyote had wandered onto the block.

"I wasn't sure if it was a dog or a person … somebody was screaming at the top of their lungs," said resident Lynne Sipeki. "I thought somebody got hit by a car because it's so dark down here," she said.

After the suspect fled on foot into a nearby park, concerned residents said they rushed to aid the victims. Some wrapped blankets around them while others put pressure on the wounds. But first responders said they knew it was too late to revive Christians.

The same residents said they'd visited McMartin in hospital and said she was doing well. JEREMY NOLAIS/METRO WITH FILES FROM BRYAN WEISMILLER

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Two struck. Pedestrians dead after separate car crashes

A SAIT student died Wednesday after police say he was hit by a car in southeast Calgary.

Paramedics were called about 6:30 a.m. to Douglasdale Boulevard and Douglas Woods Way SE. Witnesses told investigators the man was walking in a marked crosswalk when one vehicle stopped to allow him to cross. However, a second vehicle did not stop, according to police.

Police confirmed the victim later died of his injuries in hospital. Family has identified the victim as Tuong Nguyen, a SAIT student.

Police believe distracted driving may have played a role in the crash. Charges are pending.

On Wednesday, authorities also collared a Chestermere woman after an early morning hit-and-run that left another man dead on 17th Avenue SE.

A witness phoned 911 at about 2:30 a.m. to report a 26-year-old man had been hit by a black SUV in front of the Shoppers Drug Mart near 31st Street SE. The vehicle reportedly sped off.

Police say the man was pronounced dead at the scene.

Officers later found the suspect's vehicle abandoned a few blocks away, and traced its registration back to a Chestermere property.

Mounties were called there and arrested a 40-year-old woman about 4:30 a.m.

The Calgary Police Service traffic section is investigating. Investigators suspect alcohol was a factor in that crash. Charges are pending.

BRYAN WEISMILLER/METRO

The Cass County Sheriff's Office in Harrisonville, Mo., released this image from a security camera at a Calgary shelter on Wednesday, depicting the biological but "non-custodial" mother of three missing children. CONTRIBUTED

Missing U.S. children found safe in Calgary

Mother faces felony charges in States. Authorities issued a public plea for help in Calgary on Wednesday morning

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary police safely located three American children on Wednesday who had been missing for days while U.S. authorities filed felony charges against their mother, accused of illegally taking the kids from their father's home in Missouri.

Lieut. Kevin Tieman of the Cass County Sheriff's Office in Harrisonville, Mo., said the children's father reported the kids missing last Friday.

The search for the children's biological but "non-custodial" mother was extended north of the border after she and one of the children were identified on security cameras at the Calgary Urban Project Society (CUPS) on Tuesday.

"The mother came in with one of the kids," said CUPS communication manager Naledi Lorna Curran. "She was looking for emergency help — food or money for gas."

Curran said the mother left shortly after arriving and "staff felt something was amiss about the whole story" and contacted police.

International search

The Cass County Prosecuting Attorney Office filed charges on Wednesday against Sherri L. O'Neal for "interference with custody — removed from state or concealed."

- The charge is a Class D felony in Missouri, and bond has been set at $30,000, according to U.S. authorities.
- The FBI was also involved in the search while the children were missing.

The mother then returned to CUPS on Wednesday, Curran said, and when police were called she and the children went peacefully with the officers.

"We took them to the child advocacy centre so they'd be well placed and comfortable to be interviewed by authorities," Staff Sgt. Ryan Ayliffe said.

At that time police were not treating the matter as a criminal investigation, Ayliffe added, although they continue to be in contact with U.S. authorities.

"The Cass County Sheriff's Office is working to co-ordinate the return of the children and extradition of Sherri O'Neal back to the United States," Tieman said in an email to Metro.

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MacLeod, Chu drop gloves in final week of campaign

Flyers fly in Ward 4 war. Chu says MacLeod should run on her record instead of attacking him

ROBSON FLETCHER
robson.fletcher@metronews.ca

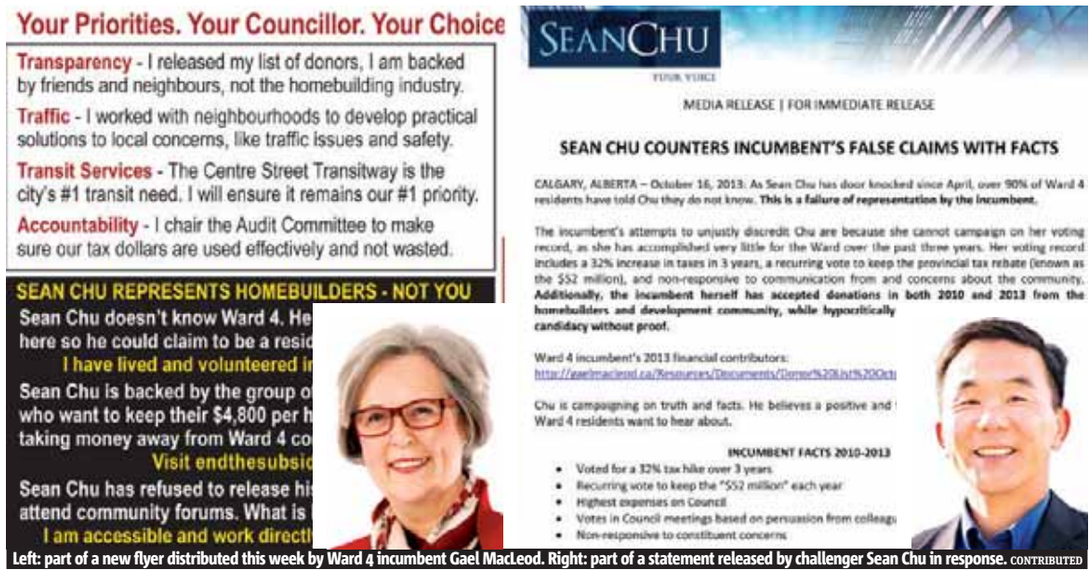
The gloves came off in Calgary's Ward 4 race on Wednesday, with the two perceived frontrunners launching direct attacks at one another and each accusing the other of twisting the truth.

Challenger Sean Chu called Gael MacLeod a "hypocrite" for saying in new flyers distributed this week that Chu "represents homebuilders — not you."

"When in election history have you seen any incumbent attacking a challenger like that?" Chu said.

In response, Chu issued a statement saying "the incumbent herself has accepted donations in both 2010 and 2013 from the homebuilders and development community."

MacLeod acknowledged receiving some funds from developers in the current campaign but said 76 per cent of her donations so far came from "friends, colleagues and neighbours." She said she has been open about it, while Chu has so far not released his donor list.


Your Priorities. Your Councillor. Your Choice
Transparency - I released my list of donors, I am backed by friends and neighbours, not the homebuilding industry.
Traffic - I worked with neighbourhoods to develop practical solutions to local concerns, like traffic issues and safety.
Transit Services - The Centre Street Transitway is the city's #1 transit need. I will ensure it remains our #1 priority.
Accountability - I chair the Audit Committee to make sure our tax dollars are used effectively and not wasted.
SEAN CHU REPRESENTS HOMEBUILDERS - NOT YOU
Sean Chu doesn't know Ward 4. He
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SEAN CHU COUNTERS INCUMBENT'S FALSE CLAIMS WITH FACTS
CALGARY, ALBERTA – October 16, 2013: As Sean Chu has door knocked since April, over 90% of Ward 4 residents have told Chu they do not know. This is a failure of representation by the incumbent.
The incumbent's attempts to unjustly discredit Chu are because she cannot campaign on her voting record, as she has accomplished very little for the Ward over the past three years. Her voting record includes a 32% increase in taxes in 3 years, a recurring vote to keep the provincial tax rebate (known as the $52 million), and non-responsive to communication from and concerns about the community. Additionally, the incumbent herself has accepted donations in both 2010 and 2013 from the homebuilders and development community, while hypocritically
candidacy without proof.
Ward 4 incumbent's 2013 financial contributors:
Chu is campaigning on truth and facts. He believes a positive and
Ward 4 residents want to hear about.
INCUMBENT FACTS 2010-2013
Voted for a 32% tax hike over 3 years
Recurring vote to keep the "$52 million" each year
Highest expenses on Council
Votes in Council meetings based on persuasion from colleagu
Non-responsive to constituent concerns
Left: part of a new flyer distributed this week by Ward 4 incumbent Gael MacLeod. Right: part of a statement released by challenger Sean Chu in response. CONTRIBUTED

Chu said there is no legal obligation to disclose his donors until next year and that he won't be "bullied" into accepting "arbitrary demands by the incumbent."

As for the 2010 campaign, Chu told Metro "there were some names I recognized as developers/builders" on MacLeod's official disclosure, but he couldn't recall the specific names offhand.

Metro reported in April that MacLeod was the only sitting alderman whose 2010 campaign disclosure didn't include funds from residential development or homebuilding companies.

Breaking point

"It's great to take the high road and say, 'I'm just going to ignore it, it's a bunch of poppycock,' but at some point people do have a right to know what the facts are."

Ward 4 incumbent Gael MacLeod, on why she decided to launch flyers attacking challenger Sean Chu, who she said had been "badmouthing" her based on incorrect information

Chu also rejected criticisms directed toward him for not attending the Oct. 1 public forum organized by Civic Camp, saying he never received an invitation.

Forum organizer Peter Rishaug, however, said Civic Camp sent several invitations by email and that he personally left several voicemails for Chu using contact information on his campaign website.

"We made every attempt to invite all candidates," Rishaug said.

Chu took 20.9 per cent of the Ward 4 vote in 2010, coming second to MacLeod's 25.4 per cent.

Sentencing hearing

Torture victim details life after Dustin Paxton

A convicted torturer smirked and shook his head in the prisoner's box Wednesday as the former roommate he starved, maimed and defiled told a judge he's been forever changed by the attacks he endured.

The roommate, who was dropped off near death at a Regina hospital in 2010, addressed the court at Dustin Paxton's dangerous-offender sentencing hearing on Wednesday.

The man told court he has post-traumatic stress disorder and brain damage from the 18 months he was humiliated, starved, beaten and sexually assaulted on an almost-daily basis while living with Paxton in Alberta and Saskatchewan.

"There is a big question mark hanging over my head 24-7," said the man, who can't be named under a court order.

Paxton, 33, was found guilty in 2012 of aggravated and sexual assault.

The Crown wants Paxton kept in prison for an indeterminate period of time. But it has also submitted that if the judge wants to fix a set sentence, it should be in the 15-to-18-year range with 2-for-1 credit for time already in custody.

Paxton's lawyer has recommended a six- to eight-year sentence — minus six years of credit for time already served.

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Little support for public arena funding

Survey. Most Calgary council candidates oppose supporting Saddledome replacement

ROBSON FLETCHER
robson.fletcher@metronews.ca

No public funds should be used to build a replacement for the Saddledome, according to most candidates for Calgary city council who responded to a survey put to them by the Canadian Taxpayers Federation.

"We had 75 per cent of candidates commit to opposing any taxpayer money for a professional sports arena, as we've seen in Edmonton," said Derek Fildebrandt, director of the federation's Alberta branch.

Fildebrandt said only nine per cent of responses indicated support for using public money on a new arena, while 16 per cent of responses were "unclear," including incumbent Mayor Naheed Nenshi's.

While Nenshi wrote "I do not favour using tax revenues," in his response, Fildebrandt said the rest of his response "opened the door" to the possibility.

"There may be dedicated infrastructure grants that the province creates for purposes like this, but the use of such grants, if any, must be predicated on a true public benefit from the construction," Nenshi wrote. "I don't philosophically believe in using public funds to underwrite private profit."

Four of the nine mayoral candidates and 27 of 49 city-council candidates responded to the five-question survey, which focused on tax- and spending-related issues.

The Calgary Flames have indicated they want to build a new arena to replace the aging Saddledome. METRO FILE

Naomi Johnson, chief superintendent with the Calgary Board of Education, claims she's paid back $500 of $1,131.95 in cellphone charges incurred while at a conference and on vacation in New Zealand. METRO FILE

Proof? CBE exec claims she's paid back part of criticized cellphone bill

Calgary's top public school official says she's paid back a portion of a hefty cellphone bill racked up while abroad earlier this year.

But Naomi Johnson, chief superintendent with the Calgary Board of Education, still hadn't produced proof of her apparent $500 reimbursement Wednesday despite being repeatedly asked for it over a period of two weeks.

All told, Johnson's phone bill while attending the International Conference on Thinking in Wellington, New Zealand, and taking a subsequent vacation came to $1,131.95, a charge the Canadian Taxpayers Federation (CTF) deemed "comical."

After the expenses for the trip were disclosed, a spokesperson indicated Johnson would pay back a portion of the bill.

Metro first inquired about the reimbursement on Oct. 1 and Johnson indicated then that she'd paid back $500 in early May. She also offered a rationale as to why she didn't feel it necessary to cover the remaining charge.

"Even if I go on holidays, I am still the chief superintendent.... People are always in touch with me so we can make good decisions together," she said at the time. "I can't give away my job."

Johnson indicated in that interview that she turned over the payment to the CBE's finance department, but a media spokesperson said it would be up to the superintendent to produce a receipt.

Metro then emailed Johnson multiple times requesting the receipt and received one response in which she indicated it was at her home.

But CTF spokesperson Derek Fildebrandt said Wednesday if Johnson doesn't show proof, "it's not good enough."

"If you're telling the truth, provide documentation," he said. "We require more for accountability now."

Fildebrandt said it would have been appropriate for Johnson to bill the board for a cellphone roaming package prior to attending the conference — he said he did something similar for a recent trip to Europe and pegged the cost at around $150.

JEREMY NOLAIS/METRO

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Landlords hit with $100K fine after fatal fire

Mission. Investigation into blaze that killed one man found 7 violations occurred

A judge has handed down hefty fines to offenders caught skirting provincial fire codes — for the second time in one week.

Landlords of a rooming house in Mission must pay $105,000 in penalty fees following a Court of Queen's Bench ruling on Oct. 11.

The ruling comes after an investigation into a fatal fire found seven violations occurred. A man died of smoke inhalation on Sept. 12, 2012, at the 300 block of 25th Avenue S.W.

"This is obviously the most extreme consequence of landlords not acting in the best interest of their tenants," said Fire Marshal Ed Kujat of the Calgary Fire Department in a news release.

"We want to remind landlords as well as building owners and operators of their responsibility in ensuring the safety of their tenants."

The fire department found smoke alarms were not installed in the rooming house bedroom, fire extinguishers were not present on each level and there was no interconnected smoke alarm system.

Owners of the Shamrock Hotel were hit with a $30,000 fine last week for violating two fire code counts in August 2012.

BRYAN WEISMILLER/METRO

One man died of smoke inhalation from a fire at a rooming house on 25th Avenue S.W. METRO FILE

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Fundraiser. City workers give it their best (bus) pull for United Way

Hundreds of city employees put their backs into an effort to raise money for charity Wednesday during Calgary Transit's second annual bus pull.

"It's all for the United Way," said Calgary Transit spokesman Ron Collins. "We've probably got about 300 people here today. We've got 16 teams from across the City of Calgary, the different departments."

Teams competed in a series of head-to-head races, each pulling a different bus as quickly as possible along a designated track.

"The buses have to be pulled approximately 100 feet from start to finish," Collins explained. "There's 12 members per team holding a big rope. And the bus is heavy — it's around 15 to 17 tons."

The effort was visible on Cory Dittman's face as he took the point position on the rope in one of the early heats.

"It's a tough go," said Dittmann, a heavy-duty mechanic with Calgary Transit, after completing the course. "It's a good workout."

The bus pull comes a month after the United Way of Calgary and Area kicked off its 2013 fundraising campaign.

"It's a good way to bring awareness to it," Collins said.

The United Way's 2012 campaign raised $55.2 million for various local charities and agencies.

ROBSON FLETCHER/METRO

City of Calgary employees work together to haul a 40-foot bus by hand on Wednesday. ROBSON FLETCHER/METRO

Vaccines

Flu clinics open

Health officials kicked off the annual flu-shot campaign Wednesday and are asking all Albertans to get immunized.

Vaccines are available free of charge at doctor's offices, public immunization clinics and some pharmacies.

The province vaccinated 920,000 people last year, but is still looking to improve the overall vaccination rate. METRO

Contract expires in 2015

NDP question new medical lab services proposal

The Alberta NDP is raising questions about a $3-billion government proposal to change medical lab services in the province. Alberta Health Services says the current system operated by Dynalife is not financially sustainable and it wants to get competitive bids from other private corporations.

THE CANADIAN PRESS

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Arrest. Police lay seven charges in series of south Calgary break-ins

Calgary police have charged a man in relation to a string of break-ins reported in south Calgary.

Authorities sounded alarms last week over four nighttime break-ins reported within four blocks of a police station on Bonaventure Drive and Heritage Drive S.E. Residents were home in three cases.

The culprit reportedly scaled balconies and even ventured as far as to fish a wallet out of one man's pants while he was sleeping. Investigators have since linked those cases with three other break-ins.

Officers arrested a man without incident on Oct. 11. BRYAN WEISMILLER/METRO

Charged

Tyler Lee Wapegan, 26, of Calgary, has been charged with seven counts of break-and-enter.

Overzealous gardener

Police say pot grower exceeded permit by 75%

Business was a bit too good for one legal Cochrane pot grower, police said Wednesday, after the gardener exceeded the plant limit permitted under a Health Canada licence.

Emergency crews were called to a house at Glendale Way on Oct. 3 by a homeowner who reported being in medical distress. The first responders noticed it was the site of a marijuana grow-op and reported that to the authorities.

Police investigators later determined it was a legal site, but that the grower had exceeded their permit by 75 per cent. METRO

Mount Royal task force tackles mental health

Students and security guards are seen in the Wyckham House area of Mount Royal University. A task force has come out with recommendations to address mental-health issues on campus. JEREMY NOLAIS/METRO

Personal fight. President has seen struggles first-hand

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Mount Royal University will look at everything from creating a smartphone application that tracks student wellness to brightening study spaces and improving faculty training in a sweeping effort to combat mental-health issues on campus.

The recommendations are outlined along with dozens more in a 110-page report put forward by a task force established by institution president David Docherty.

Input was gathered from campus directors, students, faculty and even physicians, Docherty said, adding he has a "family history" with mental-health struggles.

"I know the devastating impacts it can have and I know how important it is when you find relief," he said.

Some health-focused changes are already underway on campus — a nurse has been dedicated specifically to crisis management and designs for the university's planned new library will incorporate bright colours and better lighting.

Students were also invited last week to undertake a depression screening test, and other health-related events are planned on campus.

Mount Royal students were surveyed as part of the task force report. While reports of struggles were mostly in line with statistics reported at other campuses, Docherty said there's room for improvement.

Read the report

A full copy of the report can be found at metronews.ca

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Harper's throne speech courts middle class voters

Eye on the election. Harper beset by Senate expense scandal and polls showing his party tied with or trailing the Liberals

PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General. Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties.

Parents will be given a say "before drug injection sites open in their communities," the government promised in the speech.

It also announced it will close loopholes that "allow for the feeding of addiction under the guise of treatment." THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online. The new law will also give "police and prosecutors new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and ... abuse." It outlaws "revenge porn."

JESSICA SMITH/METRO TORONTO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said.

From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons.

Corrections complied with one-third of ensuing coroner's jury recommendations, the inquest heard. Corrections said it has made improvements since Smith's death.

He agreed lack of training played a role in the problems frontline staff had in dealing with the mentally ill teen, but said intensive training is expensive and logistically difficult to deliver.

THE CANADIAN PRESS

Ashley Smith

THE CANADIAN PRESS

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Canadian among 49 feared dead in crash

Laos. Government says it 'is taking all necessary steps ... in the hope of finding survivors'

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared dead, said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

"Upon preparing to land at Pakse Airport the aircraft ran into extreme bad weather conditions and was reportedly crashed into the Mekong River," the ministry said in a statement.

Quoted

"Lao authorities have told our embassy in Vientiane they do not expect any survivors"

Statement from Australia's Department of Foreign Affairs

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate and dispatch all rescue units to the accident site in the hope of finding survivors."

However, a statement from Australia's Department of Foreign Affairs said "Lao authorities have told our embassy in Vientiane they do not expect any survivors."

Thai Foreign Ministry spokesman Sek Wannamethee says his country's embassy in Vientiane was informed that the plane crashed seven to eight kilometres from the airport at Pakse.

Local authorities said the crash is being investigated and the airline hoped to announce its findings on Thursday.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

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France. Public detainment, expulsion of teen outrages immigrant groups

Leonarda, 15, and Maria Dibrani, 17, left, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager. It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed.

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

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Pet killer denied right to animals

Kayla Bourque, 23, killed her family cat and dog. CONTRIBUTED

Vancouver. Woman who killed family cat and dog has lost appeal to lifetime ban on owning animals

A 23-year-old woman who was described by a psychiatrist as an "affectionless psychopath" after she butchered two family pets and expressed a desire to murder a homeless person has lost an appeal of a lifetime ban on owning animals.

Kayla Bourque had pleaded guilty last year to charges of causing suffering and unlawfully killing animals. She was given a lifetime ban on owning or being around pets, which she appealed.

Bourque admitted killing Molly, the family dog, in September 2009 by hanging the animal. She then dismembered the dog and placed the animal's head on a stick, videotaping and photographing the killing and taking a photograph of herself standing naked next to the dog's remains.

She killed the family's cat, Snowflake, in a similar way in March 2010, the decision says.

Court decisions describe Bourque as a sexual sadist with antisocial personality disorder who finds joy in torturing and killing animals, and that she has expressed no remorse.

Bourque now lives in a residential setting in Vancouver with 24-hour supervision, after nine months of time served. THE CANADIAN PRESS

A history of killing

"She takes pleasure from this conduct, and has no insight into the harm and suffering she causes these creatures. Her condition is lifelong, and is not situational."

Justice Elizabeth Bennett, B.C. Appeal Court

Women execs make business sense

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the province that companies listed on the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their executive ranks.

The voluntary "comply or explain" policy would be put in place to encourage publicly traded companies to annually report their internal targets and progress — and be questioned if they refuse to comply.

Research shows that a higher mix of women in managerial and executive roles leads to more profitable companies and stronger organizations. Women often have leadership skills complementary to men, are often fairer with rewards, can be more focused on goals and can be stronger role models, said Eric Lamarre with global management consulting firm McKinsey and Company Canada. THE CANADIAN PRESS

The OSC says new rules to put more women in executive ranks is good for business. FRANK GUNN/THE CANADIAN PRESS

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Ailina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston. MARK GARFINKEL/BOSTON HERALD/POOL/THE ASSOCIATED PRESS

Judge releases sister of Boston bombing suspect

Ailina Tsarnaeva. District attorney's office says 23-year-old not accused of passing fake bill, but evidence suggests she knew those that did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Ailina Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva picked up a person who passed a counterfeit $100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on $1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Soccer. Mexican fans thank bitter rivals U.S. for keeping hopes alive

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You," and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama.

Mexico and the U.S. are usually bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden as the Star Spangled Banner played in a 2004 Olympic qualifying game.

Mexico lost its Tuesday match 2-1 against Costa Rica. If Panama had held onto its lead and beaten the United States, Mexico would have been eliminated from the World Cup qualifying rounds. But the U.S. scored two goals in the closing minutes of the game to pull ahead.

THE ASSOCIATED PRESS

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using "commercial harassment" against recruits.

The group and bookstore were fined 600,000 euros ($814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

THE ASSOCIATED PRESS

U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation.'
Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

Up against a deadline, the U.S. Congress passed and sent a waiting President Barack Obama legislation late Wednesday night to avoid a threatened national default and end the 16-day partial government shutdown, the culmination of an epic political drama that placed the U.S. economy at risk.

The Senate voted first, a bipartisan 81-18 at midevening. That cleared the way for a final 285-144 vote in the Republican-controlled House about two hours later on the legislation, which hewed strictly to the terms Obama laid down when the twin crises erupted more than three weeks ago.

The legislation would permit the Treasury to borrow normally through Feb. 7 or perhaps a month longer, and fund the government through Jan. 15. More than 2 million federal workers would be paid — those who had remained on the job and those who had been furloughed.

At the White House, Obama hailed the Senate's vote and encouraged the House to follow suit. Once the measure reached his desk, he said, "I will sign it immediately. We'll begin reopening our government immediately and we can begin to lift this cloud of uncertainty from our businesses and the American people." THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders voted for the bipartisan agreement Wednesday, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement. THE ASSOCIATED PRESS

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Believe it or not: Aquarium finally opens in T.O.

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and $130 million in costs, Ripley's Aquarium of Canada opened to the public Wednesday. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

Not to brag, but ... Canada's network speed is faster than America's

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

The study's author noted that Canadian prices for wireless service were higher than the U.S. THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

Market Minute

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Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming BlackBerrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Cleaning that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom

COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap, titled Mother's Little Headful, was taken by 14-year-old Udayan Rao Pawar, who won the award for Young Wildlife Photographer of the Year at a ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say, "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**

This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

ISTOCKIMAGES

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter

@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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metro

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Tenors aim to hit high notes helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**

COURTESY OF RANDEE ST NICHOLAS

Online

Find more of the tenors on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.
- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.

Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves."

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Irene Arefeva

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future

moments

you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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Killer wallflowers? No problem, just keep away the teenagers

The horror.
Chloë Grace Moretz talks about taking on the iconic role of Carrie and her fear of teens

NED EHRBAR
Metro World News in Hollywood

Carrie, starring Chloë Grace Moretz, opens Friday. CONTRIBUTED

Chloë Grace Moretz has carved out a nice place for herself in Hollywood as a child and teen actor who can handle very, very grown-up material, but everyone has to grow up sometime. With the remake of Carrie, she takes on the most iconic high school wallflower in film history, but going forward she's looking to leave the teenagers behind. Which is convenient, because they terrify her.

This might be the quietest character you've ever played.
It's the most vulnerable I've ever been, for sure. This is the most opposite of who Chloë is in a character, but at the same time it's almost closer to my inner self in the fact that I'm incredibly naive compared to my friends. She's definitely the most innocent I've ever played. But at the same time it was almost easier to jump into than playing, like, a bitch because I'm not very good at doing that. It's harder for me to play a fake, stuck-up girl than it is for me to play vulnerable.

Why do you think you've maintained that level of naivety compared to your friends?
I think it's because I literally have lived a more naive life and the fact that they have to deal with, like, boys and everything. They deal with 10 times as much as I do (in high school). You're dealing with things that are way above your head, and you learn quickly and you move quickly. And me, I've been home-schooled since I was nine, so it's like I haven't been interacting with copious amounts of teenagers since I was nine years old.

You got off lucky.
I think so too. I don't like teenagers. They're really scary. Like, groups of them? They're unpredictable because they're just, like, dumb. They don't even know what they're doing, and they just bumble around and make stupid mistakes and they're like, "Oh, I didn't mean to do that. I regret that." I've never regretted anything in my life because I cognizantly make every decision. Yeah, I've messed up, but I've never regretted anything. And I know tons of people who are like, "Oh, I really regret this" or "I really regret that," and I just don't understand it.

Is this the first time you've played a character who's actually older than you?
Kind of. I mean, she's 17. I think before I played a character who was 16 when I was 15. But I think the oldest character I've played so far was 20. That's a real jump.

You've really made a name for yourself appearing in more mature movies. Is there a transition you have to make now that you're getting older and other actresses your age are catching up?
I think the transition is all age, all look, it's all saying, "Can you play the adult characters?" and not being overly sexualized and not doing all that stuff. It really is going, "I want to play the adult characters but I'm not going to do what a 20-year-old does." You know what I mean? In the fact of sexualization and all the other stuff.

So what's your niche?
I think it's just realism, to be honest. I think my strong suit is being able to show realism within some of the most unrealistic characters.

Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

MIKE BENHAIM
scene@metronews.ca

It's been seven years since the song Weak in the Knees first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American tour with OneRepublic, her 2013 Juno-winning, platinum-selling album Harmony is gaining fans daily. With hits like Stompa and What I Wouldn't Do flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?
It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The inspiring thing about Melissa is that she's down to earth, on-stage and off.

How about artistically?
Musically, her blood runs authentic rock 'n' roll. She's influenced so many people just by being a part of it. Genuine artistry like hers over a 25-year career has to impact many artists, sometimes even inadvertently.

You participated in "We Day". Was there some special connection for you?
Absolutely. It was important to me. I believe that every little bit counts and everyone can affect change. I've always connected with kids. I was a nanny for five years. Children really hold the world in their hands without knowing it, but give them the tiniest inspiration and incredible things inevitably happen. So, 20,000 kids changing the world? To be part of that just blew my mind.

Nobodies who are everybodies?
Exactly. And that's what music does. It brings people from different cultures together, changes the way they see things and maybe awakens something. Hey, even smiling at someone on the street can change their day.

So what is your idea of perfect happiness?
Satisfaction.

When you can afford it, what is your greatest extravagance?
First class travel.

Amen to that! What do you consider the most overrated quality?
Looks.

If you could change one thing about yourself, what would it be?
Looks.

Alright, if you were granted a super-power, what would it be? Looks?
Flying.

What quality do you look for and admire in your friends?
Self-love.

We seek inspiration, but often it finds us. Who is your real-life hero?
I worked as nanny for a vivacious woman named Joanne Calderon. I observed her love for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?
The person you need to trust more than anyone is yourself, but go about it based on what you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

You already have, Ms. Ryder, and now, I must call my mother.

Serena Ryder's platinum-selling album Harmony is gaining her new fans every day. CONTRIBUTED

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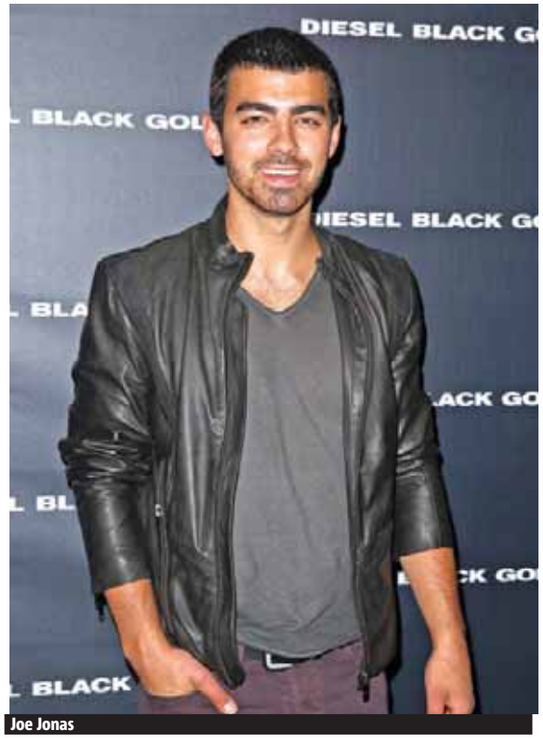


Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

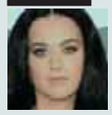
Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter


@katyperry
I refuse to speak Starbucks until I've actually learned Italian.

@Rihanna
420'ish

@SarahKSilverman
Just a quick reminder: other people exist

Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.
The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Eliza Doolittle's track Big When I Was Little would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track You & Me and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album In Your Hands (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?
I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?
I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?
Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items

Yon-Ka
Crème PS, $56, yonka.com

Clinique
Chubby Stick intense moisturizing lip colour balm, $17, clinique.com

Kevyn Aucoin
Celestial Bronzing Veil, $48, kevynaucoin.com

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SO thankful for my precious girls! Bekky @qualityslippers + Joey @joeyoneil #happythanksgiving

At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

PHOTO COURTESY OF SEPHORA.CA

Canadian street style

Spotted in: Toronto

Shanti

Student

What she's wearing
Black Naturalizer heals, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration
"My mother. She saved a lot of her clothing from when she was younger, and now I wear them all."

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The fab four accessories of fashion month

Dior's plastic fantastic Barbie heels

Anya Hindmarch's eye poppingly bright bag

Fashion month may be over but that's not to say we've stopped thinking about it. Sure, it's nearing woolly hat weather outside but we're pulling ourselves through the cold spell by dreaming of sunnier climes— where peep toes and pool sliders are requisite. Meet our favourite accessories for the season ahead.

METRO WORLD NEWS

Derek Lam's checkered '40s headscarf

Erdem's monochromatic Steampunk sunglasses

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Stock your toolbox, Amish-style

DIY. Craftsmanship is at the forefront as rapper and renovator Vanilla Ice heads to Ohio to learn from the masters

Hand tools are great for both beginner woodworkers looking to learn basic skills and seasoned professionals wishing to take their craft to the next level. With some essentials like a hammer, a screwdriver set, some wrenches and a small investment in the following tools, it's possible to create basic furniture pieces like chests or chairs with unique character.

In his new renovation show, rapper-renovator Rob Van Winkle, better known as Vanilla Ice, heads to Holmes County, Ohio, the largest Amish settlement in the U.S., to see traditional workmanship first-hand.

Chisels

There are hundreds of chisels available, but owning just a few of these versatile tools will help make any project easier. Chisels are incredible for simple tasks like removing glue, and they can also create a guide to make hand sawing easier and more accurate.

With the right type and shape, chisels can even replicate impressive dovetail joints often seen on drawers or chests. It's important to make sure the chisels are sharp before using them, as dull blades could damage the wood or lead to injuries.

Hand plane

A hand plane is made up of a body that acts as a grip and a narrowly protruding knife on the bottom that strips thin layers of wood. Planes are excellent for producing flat and smooth surfaces. It's a useful tool to have around to shave down doors that stick instead of hand sanding or buying a power sander.

To add detail to your project, use a hand plane to give your edges a nice bevel. Like chisels, there are many different planes available, so talk to a professional to make sure you have the right one for the job.

Draw knives and spoke shaves

Draw knives and spoke shaves consist of a blade with a handle on either side, similar to the shape of bicycle handles. Both are great for carving out curves to make beautiful chair or table legs. Draw knives remove a lot of excess material quickly and are excellent for starting a curve. The spoke shave removes less material but is better for refining a curve and adding detail. Raising or lowering the handle on a draw knife helps control the depth of the cut, whereas a spoke shave has built-in adjustments for more accuracy and finer cuts.

Vanilla Ice Goes Amish

- Follow Rob Van Winkle as he joins the Amish to learn the lost art of hand craftsmanship in Vanilla Ice Goes Amish, Sundays at 10 p.m. ET/PT on DIY Network Canada.

A finished kitchen from the premiere episode of Vanilla Ice Goes Amish features marble counter tops, hardwood cabinets and gas lighting fixtures. COURTESY MICHAEL F. MCELROY/HGTV

Prairie plantings' natural grace

Gardening. This style of landscaping features native plants grouped in a natural-looking way, but it's a great fit with an urban setting

If you're visiting Chicago, head to the Lurie Garden in Millenium Park for a spectacular example of natural-looking garden design. CITY OF CHICAGO

A man with a vintage typewriter sits on New York City's High Line in front of natural-looking plantings of black-eyed Susans, Joe Pye weed and grasses. ISTOCK

You don't need to live on the prairie to have a prairie garden. Natural landscapes featuring mainly native plants are being sown in yards across North America as environmentally friendly alternatives to turf grass.

These durable plant combinations include flowers, shrubs and trees. They require little attention, add year-round colour and interest and provide wildlife-friendly habitat.

"Many species found in prairies are native to other plant communities found outside the Midwest, such as woodland openings, meadows and barrens, as well as mountain and desert habitats," says Lynn Steiner of Stillwater, Minn., author of Prairie Style Gardens. "And even if these plants aren't native to your area, they are still often better choices than exotic plants that come from outside North America."

City and suburban gardens often aren't large enough to support meadows, but many prairie plants adapt well to smaller spaces, she said.

"They tolerate less fertile soils, reducing the need for synthetic fertilizers. They thrive on less water, reducing water use. And they don't require heavy fossil-fuel input from mowing and trimming," Steiner said in an email.

Margaret Brittingham, an extension wildlife specialist with Penn State University, said it takes some effort to get prairie plants established "but once done, they're easy to handle."

"They're great for attracting birds and butterflies," she said. "You can use them for cut flowers, too."

Design suggestions

• Create borders using hedges, mowed edges, low fences or walkways. They act as buffers, keep plants from obstructing sight lines and frame an otherwise natural landscape, Brittingham said.

• Start small. Save money by converting from turf to meadow in manageable yet visible pieces. First, eliminate any trouble spots on the lawn, and then expand gradually, mimicking nature's processes of gradual succession.

• Find the right plants for the right sites. Don't plant sun-loving prairie flowers under shade trees, or plants that like their feet dry in low spots that collect run-off.

• Go native. Non-native species generally have less wildlife value, Brittingham said, and are often invasive, eliminating many native species. Check the noxious weed control lists issued for your area and ensure that none are included among the seeds you sow or in the containers you plant. THE ASSOCIATED PRESS

For more inspiration

- **Chicago's Lurie Garden:** luriegarden.org
- **New York City's High Line:** thehighline.org
- **Piet Oudolf:** oudolf.com/piet-oudolf

The celebrated garden designer Piet Oudolf worked on both the above projects, and is considered a guru of the natural-planting style. His books include Planting the Natural Garden and Designing with Plants.

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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays.

This week, in our fourth installment of the series, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control.

So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, $299, cb2.com.

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Low vases are best for coffee and cocktail tables. Miramar vase, $91, crateandbarrel.com.

Add life to a corner chair (or simply hide a stain). Mohair plaid throw, $199, zarahome.com.

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A lasagna that levels the playing field between novices and experts

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

Slow-Cooker Lasagna

This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in The Can't Cook Book. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture. Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready).

RECIPE COPYRIGHT © 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)
- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen

If you and the kitchen don't get along, Jessica Seinfeld's The Can't Cook Book is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with The Can't Cook Book are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. METRO

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4 SPORTS

Ducks hold back Flames

The Ducks' Ryan Getzlaf ties up Ben Street during a faceoff on Wednesday in Anaheim. Viktor Fasth made 33 saves in the Ducks' 3-2 win. Lee Stempniak and Jiri Hudler tallied for the Flames, who lost for the first time in regulation this season. ALEX GALLARDO/THE ASSOCIATED PRESS

Stampeders aim to keep Eskimos out in the cold

CFL. Calgary could secure a home playoff game with a win over provincial rivals

When the Calgary Stampeders take on the Edmonton Eskimos on Friday night at Commonwealth Stadium, it will be a battle of teams heading in opposite directions.

The Stampeders (12-3) can clinch a home playoff date with a win, while the Eskimos (3-12) have already been eliminated from playoff contention for the fourth time in eight years since winning the 2005 Grey Cup.

Still, the Stampeders know they have to bring their best against their provincial rivals, who have the opportunity to play the role of spoiler.

"We've got to take care of a very good team," said Stamps linebacker Juwan Simpson. "We're definitely not overlooking those guys."

Led by quarterback Mike Reilly, the Eskimos scored 27 points in the fourth quarter when the teams met Sept. 2 at Calgary's McMahon Stadium. The Stampeders narrowly escaped with a 37-34 win.

Stampeders Keon Raymond and Charleston Hughes tackle the Eskimos' Mike Reilly on Sept. 6 in Edmonton. JASON FRANSON/THE CANADIAN PRESS

"They played us tough during the Labour Day game," Simpson said. "We know we're getting a tough team and a tough quarterback that's going to fight for four quarters. We know we've got a fight on our hands and we're ready for it."

Calgary quarterback Kevin Glenn insisted that the Stampeders definitely won't take the Eskimos lightly.

"As a team, we haven't done that all year and we're not going to start," said Glenn, who needs to throw for just 89 yards to move past Tom Clements and into 10th spot on the CFL's all-time passing list. "We know that Edmonton has a very good team and their record necessarily doesn't indicate what type of team that they are." THE CANADIAN PRESS

Top Canuck

Calgary star running back Jon Cornish picked up Canadian of the week honours for the fifth time this year.

- Cornish ran for 130 yards on 15 carries and scored a touchdown in West-leading Calgary's 40-26 win over the B.C. Lions.

NHL

Lundqvist, Rangers shut out Capitals

Henrik Lundqvist earned his 46th NHL shutout, Brad Richards assisted on two New York goals less than two minutes apart in the second period, and the Rangers (2-4) beat familiar post-season foe Washington 2-0 on Wednesday night to end a three-game losing streak.

Richards helped set up goals by Ryan Callahan and John Moore, and Lundqvist made the limited offence hold up in a 22-save performance against the Capitals.

Three-time MVP Alex Ovechkin and the Capitals fell to 2-5. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus
April 21 - May 21
Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini
May 22 - June 21
You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer
June 22 - July 23
You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo
July 24 - Aug. 23
Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo
Aug. 24 - Sept. 23
It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra
Sept. 24 - Oct. 23
You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio
Oct. 24 - Nov. 22
You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn
Dec. 22 - Jan. 20
The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

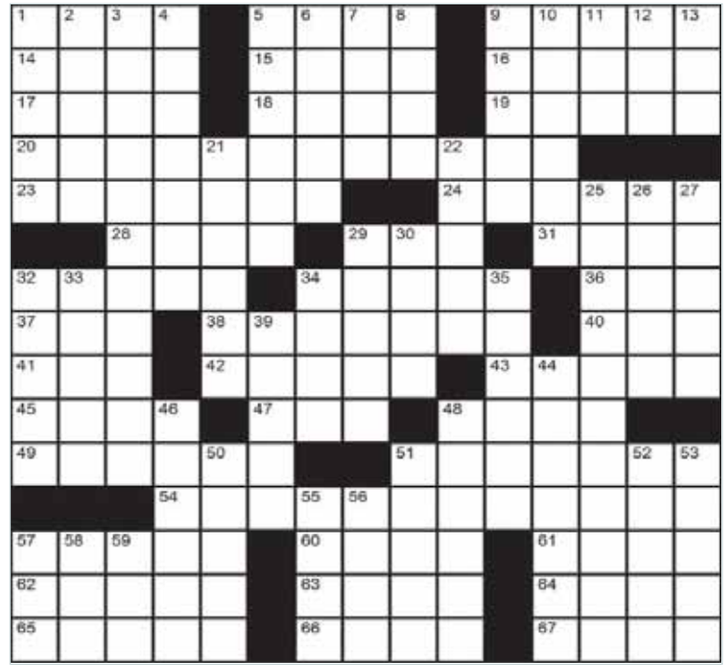
♓ Pisces
Feb. 20 - March 20
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



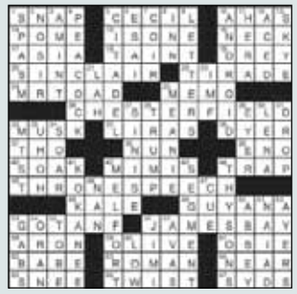
Across

1. Learning basics
5. Rushed letters?
9. Real __ (Authenticity)
14. Billy Crystal sitcom
15. Sleuth's lead
16. Gnaw geologically
17. Money __ __ object
18. __ Saint-Luc, Quebec
19. Novelist Ayn's
20. Info-disclosing-link at a webpage's bottom: 2 wds.
23. Open land area
24. "Frida" or "Ray"
28. Abbrs. in business names
29. '_' __ in Jasper
31. Emperor of Rome
32. Annually, __ _ year
34. "The Crucible" (1996) setting
36. Resume no.
37. Mil. rank
38. River in Alberta; or, Valley in Manitoba
40. Murder trial's li'l bit of proof
41. Grammy competitor, e.g.
42. Gives the cold shoulder
43. Helps in dishwashing
45. His 'n' __
47. Filmmaker org.
48. City of France
49. Help in hockey goal-making
51. "I Will Wait" by __ & Sons
54. Created-in-Calgary cocktail: 2 wds.
57. Where Tripoli is the capital
60. Stench
61. Ailed, __ _ fever
62. Hall & Oates hit: "__ Education"
63. One-minus-One
64. __ a shirt in
65. Analyze/break down
66. Roughly: 2 wds.
67. "What's Hecuba to him __ __ to Hecuba..." - Hamlet

Down

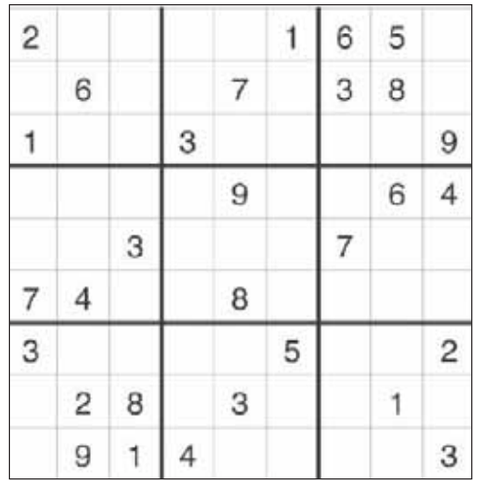
1. Foreigner's "Cold __": 2 wds.
2. Fenway Park baseball team, to fans
3. Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
4. City in Washington
5. Admission
6. Slippery __
7. Car
8. Chemical __ (Dermatology service)
9. Thanks, in Quebec City
10. Colouring book need
11. Jailbird
12. "The __ Couple"
13. Thumbs-up
21. HOW THIS IS WRITTEN: 2 wds.
22. Henrik __ (A Doll's House playwright)
25. Dino on "The Flintstones": 2 wds.
26. Songbook standard: "Goodnight, __"
27. Pepsis
29. __ the Hutt
30. Actress Ms. Larter's
32. D-Day beach
33. Monickers
34. Super pleased with oneself
35. Puccini opera, __ Butterfly
39. Put an __ (Halt): 2 wds.
44. Cite or make mention of: 2 wds.
46. Prophetesses of classical mythology
48. Clock kind
50. Writing tablet
51. "Saturday Night Live" alum Mike
52. Variety of salad dressing
53. Toronto-born rapper
55. Particular pasta
56. __ Lake, Nfld.
57. Jogger's once-around
58. Apples: __ Red
59. Li'l office

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	5	6	8	2	1	4	9	7
1	7	8	3	4	9	6	5	2
4	9	2	5	6	7	1	8	3
5	8	9	2	7	4	3	6	1
2	3	1	9	5	6	7	4	8
6	4	7	1	3	8	9	2	5
9	2	4	7	8	3	5	1	6
7	1	5	6	9	2	8	3	4
8	6	3	4	1	5	2	7	9

Weather

TODAY	FRIDAY	SATURDAY
MAX: 14° MIN: 1°	MAX: 11° MIN: 1°	MAX: 18° MIN: 4°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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The Core

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Westbrook Mall

Westhills Towne Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

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Airdrie

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55 Wheatland Trail

331 3rd Ave.

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118 Elizabeth St.

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